

Week of 10/20/08

Wise Acre Farm

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For more information, and recipes, visit our website:

www.wiseacrefarm.com

Please save your box & jars - I will pick them up next week.



This week on the farm:

Please remember to return your boxes and jars each week - my back stock is running low. If you have extra jars that you want to get rid of, I would be happy to take them and put them to good use in the weekly deliveries. Feel free to leave them out with your boxes.

If you enjoy cooking and experimenting in the kitchen, or you are looking for interesting and simple ways to use all of the produce in your weekly deliveries, I highly recommend Alice Waters' new book, ***The Art of Simple Food***. I was fortunate enough to receive a complimentary copy of the book and I have used it quite a lot. The book does contain recipes, but the main theme is teaching the reader *techniques* so they don't have to always follow a strict recipe. The book also stresses the importance of eating fresh, local, seasonal and sustainably grown food. Alice Waters says, "When you have the best and tastiest ingredients, you can cook very simply and the food will be extraordinary because it tastes like what it is." "Food tastes naturally delicious when it has been grown with care, harvested at the right moment and brought to us immediately, direct from the producer." I say that you should feel good that by signing on for weekly deliveries of fresh produce, you have made a choice to eat healthy, locally and seasonally, while supporting a small local farm.

Here's what's in your box this week:

Winter Squash -Butternut, Summer Squash, Cucumber, Eggplant, Bell Peppers, Fortex Green Beans, Basil, Fresh cut Flowers

Eggplant Caviar

from Alice Waters' book, *The Art of Simple Food*

Preheat oven to 400 degrees

Cut in half lengthwise: **2 medium eggplants**

Sprinkle the cut surfaces with **salt, freshly ground black pepper** and **olive oil**

Place cut side down on a baking sheet and roast until soft. Test for doneness at the stem end; the eggplant should be very soft. Remove from the oven and let cool. Scrape the flesh out of the skins into a bowl and stir vigorously to loosen into a puree. Add:

2 tbsp fresh lemon juice

1/4 cup olive oil

salt

fresh ground black pepper

1 garlic clove, peeled and pounded into a puree

2 to 4 tbsp chopped parsley or cilantro.

Mix well and taste, adding more salt and lemon as needed.

Serve on toasted baguette slices.